

	Week	Week Beginning	First Reading	Gospel Reading	Suggested Scripture HB	Suggested Scripture NT	Word of the Week	Explanation	Mission	Type
Sun 1										
	Week 22 in Ordinary Time	Sunday, 1 September 2024	Deut 4:1-2, 6-8	Mark 7:1-8, 14-15, 21-23	Isaiah 66:18-21	Luke 13:22-30	Welcome	We are all called to welcome others into our communities, to open our doors and bring people in – particularly those on the margins and those who feel left out. Being welcoming helps those new to our community to feel loved, supported and included. We are all one body in Christ, everyone is welcome, and everyone has a part to play.	Find someone new in your community and make them feel welcome.	Word of the week
Sun 8										
	Week 23 in Ordinary Time	Sunday, 8 September 2024	Isa 35:4-7	Mark 7:31-37	Wisdom 19:13-22	Luke 19:1-10	Encounter	To encounter Christ is to have a personal experience of God's love and presence. It can happen in any place or time, and it can take many different forms. We often encounter Christ when we feel loved and cared for and we too can help others to encounter when we share his love with others. An encounter with Christ can be a life-changing experience that can give us strength, hope, and peace.	Make time this week to look at where you might encounter Jesus in those around you.	Bishop's Priority
Sun 15										
	Week 24 in Ordinary Time	Sunday, 15 September 2024	Isa 50:4-9	Mark 8:27-35	Jeremiah 1:5	Matt 5:14-16	Identity	Identity is the sense of who we are as individuals. It is shaped by our experiences, our beliefs, and our relationships. In the Catholic faith, our identity is rooted in our relationship with God. We are created in the image and likeness of God, and we are called to be his children and to respect the dignity of all people.	Take a selfie doing something that you love and that says something about who you are.	Word of the week
Sun 22										
	Week 25 in Ordinary Time	Sunday, 22 September 2024	Wis 2:12, 17-20	Mark 9:30-37	Proverbs 3:5-6	1 John 5:18-20	Understanding	Understanding is the ability to comprehend and interpret information. It is essential for building relationships, for empathising with others and for making good decisions. In the Catholic faith, we are called to be understanding of others and to be compassionate towards them, even when we disagree with them.	Find time to talk to someone you don't know very well this week so that you can understand them better.	Gift of the Holy Spirit
Sun 29										
	Week 26 in Ordinary Time	Sunday, 29 September 2024	Num 11:25-29	Mark 9:38-43, 45, 47-48	Psalms 133:1-3	Galatians 3:23-28	Solidarity	Solidarity is the feeling of unity and support for others. It is essential for building a just and compassionate society. In the Catholic faith, we are called to be in solidarity with the poor and the marginalized and with those who are suffering, both physically and emotionally. Even if we have not met them, our faith creates an obligation in us to support our brothers and sisters in Christ.	Research the work of CAFOD this week and find a campaign action that will help you stand in solidarity with others.	Catholic social teaching
Sun 6										
	Week 27 in Ordinary Time	Sunday, 6 October 2024	Gen 2:18-24	Mark 10:2-16 or shorter	Psa 23:1-6	Luke 17:5-10	Rosary	The Rosary is a prayer that we can all use to meditate on the life of Jesus Christ. It is a powerful tool for prayer and spiritual growth through the intercession of Mary our mother. The Rosary can help us to grow in our faith, to deepen our relationship with God, and to find peace and comfort in difficult times.	Find time to pray the Hail Mary or the Rosary this week.	Word of the week
Sun 13										
	Week 28 in Ordinary Time	Sunday, 13 October 2024	Wis 7:7-11	Mark 10:17-30 or shorter	Lev 25:35-38	2 cor 8:1-15	Poverty	In the Catholic faith, we are called to care for the poor and to work to alleviate poverty. We are also called to be aware of the causes of poverty and to work to change them. Scripture reminds us that we can be financially poor but we can also be poor in spirit and that as followers of Jesus we should show mercy to all people, especially those most in need.	Make a donation or money, items or time to a charity this week.	Catholic social teaching
Sun 20										
	Week 29 in Ordinary Time	Sunday, 20 October 2024	Isa 53:10-11	Mark 10:35-45 or shorter	Isaiah 58:10	Luke 10:30-37	Service	Service is the act of helping others, even when it means a sacrifice for ourselves. It is an essential part of the Catholic faith, as it is a way of showing love and compassion for others by putting our faith into action. Our faith calls us to serve others in need, both in our own community and in the world at large as humble servants, just as Christ did.	Seek out those people in your community who serve others and thank them for what they do.	Word of the week
Sun 27										
	Week 30 in Ordinary Time	Sunday, 27 October 2024	Jer 31:7-9	Mark 10:46-52	Zech 7:9-10	Matthew 9:35-38	Compassion	Compassion is the feeling of wanting to help others who are suffering. It is an essential part of the Catholic faith, as it is a way of showing love and mercy for others. In the Catholic faith, we are called to be compassionate to those who are suffering, both physically and emotionally.	Say a prayer for someone you know is struggling. Find time to be with them this week.	Word of the week
Sun 3										
	Week 31 in Ordinary Time	Sunday, 3 November 2024	Deut 6:2-6	Mark 12:28-34	Exodus 3:15-20	Luke 24:13-35	Accompaniment	Accompaniment is the act of walking with someone on their journey. It is how we, as followers of Christ, show support and love for others. We are called to accompany others on their journey of faith, both in good times and in bad, just as the Holy Spirit watches over each of us in our own lives.	Think about the people who walk with you in life. Take time this week to tell them how much they mean to you.	Word of the week
Sun 10										
	Week 32 in Ordinary Time	Sunday, 10 November 2024	1Kgs 17:10-16	Mark 12:38-44	Lamentations 3:19:27	Luke 22:14-23	Remembrance	Remembrance is an important part of our faith. We remember the saints, those who have died, and the events of our history. Remembrance helps us to reflect on how those who have gone before have shaped and inspired our lives today.	Spend time in prayer to remember those people who are important to us and who are no longer with us.	Word of the week
Sun 17										
	Week 33 in Ordinary Time	Sunday, 17 November 2024	Dan 12:1-3	Mark 13:24-32	Ecclesiastes 11:9	Matthew 19:13-15	Youth	Young people have a vital role to play in the life of the Church and in the world. They offer hope, inspiration and courage. We are all called to be young in our outlook and our attitude and we can see in young people an example of how to live life to the full.	Make the effort to have a positive and youthful attitude this week. Help others to see hope in difficult situations.	Word of the week
Sun 24										
	Week 34 in Ordinary Time	Sunday, 24 November 2024	Dan 7:13-14	John 18:33-37	Daniel 2:44-45	Luke 23:35-43	Kingdom	The Kingdom of God is a place of peace, justice, and love. It is a place where everyone is welcome and everyone is loved. The Kingdom of God is not a place that we will find on a map, but it is a way of life that we can work towards building in our own lives and in the world around us.	Think of one thing you can do to make your community more like the kingdom of heaven.	Word of the week
Sun 1										
	1st Week of Advent	Sunday, 1 December 2024	Jer 33:14-16	Luke 21:25-28, 34-36	Jeremiah 29:11-14	1 Peter 1:3-9	Hope	Hope is an expectation and desire for the things that are to come in the future. It is a powerful virtue that can help us to persevere through difficult times. In the season of Advent, we hope for the coming of Jesus and that he will bring peace, joy and love to the world.	Think of a reason that you have to be hopeful. Share that hope with someone this week.	Theological virtue
Sun 8										
	2nd Week of Advent	Sunday, 8 December 2024	Bar 5:1-9	Luke 3:1-6	Isa 26:2-5	John 16:25-33	Peace	In the season of Advent, we pray for peace in the world. We know that Jesus Christ is the Prince of Peace, and we believe that he will bring peace to all people.	Find a way to bring peace to a difficult situation or relationship this week.	Word of the week
Sun 15										
	3rd Week of Advent	Sunday, 15 December 2024	Zeph 3:14-18a	Luke 3:10-18	Zephaniah 3:14-20	John 16:16-24	Joy	Joy is a feeling of great happiness and pleasure. It is a positive emotion that help us to overcome sadness and despair. In the season of Advent, we rejoice in the coming of Jesus Christ. We know that he is the source of all joy, and we celebrate his birth with great joy.	Think of something you can do for someone else to bring them joy and find time to make it happen this week.	Word of the week
Sun 22										
	4th Week of Advent	Sunday, 22 December 2024	Mic 5:1-4a	Luke 1:39-45	Deut 7:6-9	1 Corinthians 13:4-7	Love	In the season of Advent, we are reminded of the great love that God has for us and the love we should have for each other. We know that Jesus Christ is the true example of love, and we celebrate this gift of love at Christmas time.	Think of someone who you love this week and make an effort to show and tell them that you love them.	Theological virtue
Sun 29										
	Christmastide // Holy Family	Sunday, 29 December 2024	1 Sam 1:20-22, 24-28	John 1:1-18	Exodus 12:20	1 John 4:7-21	Family	Family looks different for everybody and they are a gift from God that provide us with love, support, and belonging. We can find strength and comfort in our families. The Holy Family, Jesus, Mary and Joseph, give us a powerful example of what family should be, and inspire us to love one another as they did.	Who are the people you call family? Make time for them this week and find an opportunity to be together.	Word of the week
Sun 5										
	Christmastide // Epiphany	Sunday, 5 January 2025	Isa 60:1-6	Matt 2:1-12	Psalms 67:1-7	Matt 25:14-30	Epiphany	Epiphany celebrates the revelation of Jesus Christ to the world. It is a time to reflect on the mystery of Christ's birth and to renew our commitment to following him. For us, Epiphany is a time to recognise that Christ came for everyone and we see this reflected in the visit of the Magi and the gifts that they brought.	What is a gift that you can give to others? Think of a way to share your gift with your community this week.	Word of the week
Sun 12										
	Week 1 in Ordinary Time	Sunday, 12 January 2025	Isa 42:1-4, 6-7	Luke 3:15-16, 21-22	Exodus 19:10	Mark 1:8	Baptism	Baptism is a sign of God's love and forgiveness. It marks a fresh start and a new beginning. When we are baptised we are welcomed into the Church community of believers who love us, support us and help us grow. During baptism we are anointed as priest, prophet and king and called to live like Jesus did.	Think of one way you can be more like Jesus this week.	Word of the week
Sun 19										
	Week 2 in Ordinary Time	Sunday, 19 January 2025	Isa 62:1-5	John 2:1-12	Deuteronomy 6:4-9	Matthew 28:18-20	Discipleship	Discipleship is about following Jesus and living your life according to his teachings. It is a lifelong journey of learning and growing in faith. As disciples, we are called to grow in our relationship with God, to live out our faith in the world, and to serve others.	Think of someone in need in your community who you can help and support this week.	Bishop's Priority
Sun 26										
	Week 3 in Ordinary Time	Sunday, 26 January 2025	Neh 8:2-6, 8-10	Luke 1:1-4; 4:14-21	Proverbs 4:20-23	Matthew 7:24-27	Scripture	Scripture is the Word of God. It is a collection of sacred writings that tell the story of God's love for humanity. As we read scripture, we learn about God's plan for our lives, and we are inspired to live a life of faith. Scripture can also be a source of comfort and guidance in difficult times and speaks to us throughout our lives.	Find a passage from the Gospels that you've not read before - reflect on what it might mean to you.	Word of the week
Sun 2										
	Week 4 in Ordinary Time	Sunday, 2 February 2025	Jer 1:4-5, 17-19	Luke 4:21-30	Prov 22:1-4	1 Peter 5:6-7	Humility	Humility is putting others before ourselves. When we show humility, we are open to learning from others, and are willing to serve others. As we grow in humility, we become more like Jesus Christ who humbled himself to share in our humanity.	Find opportunities to put others before yourself this week.	Word of the week

Sun 13	Week 15 in Ordinary Time	Sunday, 13 July 2025	Deut 30:10-14	Luke 10:25-37	Psalms 118: 19-24	1 Thes 5: 12-22	Gratitude	Gratitude is being thankful for what we have. It is about being grateful for the good things in our lives. We have a lot to be grateful for and it is important to take time to appreciate the good things in our lives. Having gratitude helps us to be truly happy and to live a fulfilling life.	Make a special effort to say thank you this week to those people in your community who love and support you.	Word of the week
Sun 20	Week 16 in Ordinary Time	Sunday, 20 July 2025	Gen 18:1-10	Luke 10:38-42	Psalms 150: 1-6	John 2: 1-12	Celebration	A celebration is when we come together to rejoice in the things that are good. It is a time to give thanks to God for all his blessings and to recognise what he's given to us in love. We should always look for things we can celebrate, and through our celebrations, we can share happiness and joy with others.	Take time to celebrate this week and find an opportunity to praise someone else for something they have achieved.	Word of the week
Sun 27	Week 17 in Ordinary Time	Sunday, 27 July 2025	Gen 18:20-32	Luke 11:1-13	Psalms 100: 1-5	Matt 6: 25-34	Thanksgiving	Thanksgiving is an opportunity to express our gratitude to God for all his gifts. To be truly thankful is to reflect on the good things in our lives and also to give thanks for the people who love and support us. Taking time to say thank you helps to us all to be grateful for what we have.	Take time to pray this week and to give thanks for the good things that God has given you.	Word of the week